

## AT THE CAMERON

### **GAY NINETIES CELEBRATION!**

Once again, The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Friday, May 19, from 10:30am to 2pm at the Westford Regency Inn**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The event will include a catered lunch served around 11:30am with entertainment. **Advanced registration is necessary, at 978.692.5523 before May 8.** Our honored Westford guests aged 90 and over are welcome to bring **two** guests who will be seated at your table. **The honoree and their two guests attend free of charge.** The cost for all other guests will be \$27 if you are not a member of the Friends of Cameron and \$17 if you are a Friends member. Westford residents will have priority. Transportation is available.

**Thank you to our sponsors for their financial support: The Friends of Cameron; Nancy and Chet Cook; Westford Florist; Nashoba Valley Technical High; Westford Rotary.**

### **DINNER with DONNA**

**TUESDAY, June 27 at 5 pm**

Always one of the best nights of the month so sign up quickly. Our famous chef Donna will be serving a wonderful summer dinner of fresh salad with sides of crab and tuna melts and ice cream for dessert. Cost is \$5.00 for both dinner and entertainment. Sign up at 978-692-5523. **Thank you to the Friends of the Cameron and Food Pantry for subsidizing costs.**

### **EBI'S ANNUAL SUMMER BBQ COOKOUT**

**Friday, June 23, 12pm at the Franco Pavilion**

You will enjoy freshly grilled BBQ chicken and/or beef, accompanied by rice, grilled tomato, dessert, beverages and some tunes performed by Micky Lorden. A special thanks to Ebi and Desiree Masalehdan for sponsoring this free event. Please RSVP at 978.692.5523.



### **FREE ORGANIC VEGETABLE DISTRIBUTION**

**Starting Thursday, June 1**

**Every Thursday 1pm numbers given out,  
1:15 distribution of produce**

We are excited to continue our relationship with Gaining Grounds of Concord. They offer their organic produce weekly to all Westford residents who meet income guidelines. The gross income limit is \$42,411 for a household of one, and \$55,461 for a household of two. To participate one must sign an income attestation on the day of produce pick up. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd. in the community center parking lot. People often arrive early so we pass out disposable numbers starting at 1pm and the freshly picked and packaged vegetables are distributed at 1:15. Any questions call Annette or Jen at 978-399-2326.



### **IT'S TIME FOR TRIVIA A-GO-GO**

**Tuesday, May 23 at 1:00pm**

Our trivia master, Ken, presents "Trivia with a Twist". There will be special games for extra points, unique team selection and champion prizes. All this for \$3.00. Sure to be a great time! Don't miss the fun - sign up at 978.692.5523.



### **AMATEUR RADIO CLUB MEETINGS**

The Police Amateur Radio Team (PART) of Westford is the area's leading amateur radio (ham) club, with over 100 members from Westford and the surrounding communities. If you're a ham radio operator or just interested in learning about this popular hobby, you're invited to attend the club's monthly meetings held at the Cameron Senior Center on the third Tuesday of every month. The next meeting will be Tuesday, May 16, at 7:30 PM. You can get more information about the club and the hobby at the club's website ([www.wb1gof.org](http://www.wb1gof.org)), or send an email to [k1ig@arrl.org](mailto:k1ig@arrl.org).

### **WESTFORD'S "A SPA FOR YOU" HERE AT THE CAMERON**

**Monday, May 22 from 10am -2pm**

A Spa For You will perform one of the following services for \$15.00.

15 Minute Chair Massage

15 Minute Express Facial: wash, exfoliation, mask, hydrate

15 Minute Pedicure: soak feet, cut and file toenail and paint toe nails

15 Minute Manicure: cut and file nails, push back cuticles and paint nails

All Services provided by Licensed Tech. Payment in cash due at time of the service. Any questions please call Eleanor at A Spa for You in Westford at 978.486.8900. To sign up for an appointment call the front desk at 978.692.5523.



### **MOTHER'S DAY WOMEN'S BREAKFAST**

**Wednesday, May 10 at 9am**

In honor of Mother's Day, May's Women's breakfast is being generously sponsored by Patti Mason and Mary Alcorn. This will be the last Women's Breakfast until Fall. We would like to thank all the volunteers that have helped with the Women's Breakfasts - we couldn't have done it without you. Advanced registration is required for The Mother's Day breakfast, so please call to sign up 978.692.5523. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**



## Director's Report ...

Many of you are aware that the Cameron was slated to have some extensive HVAC work done which would require our staff, programs, and services to relocate for many months. Now this project has been paused to allow time for the COA Board and myself to evaluate current usage since COVID, and anticipated future use. Over the next few months, I will be working with our staff, Council on Aging and Friends of the Cameron Boards on strategic planning.

Very important to this process is your input on programs, services, building, staffing, increased growth, and any other concerns. So please join me in the craft room on Wednesday, May 10 at 10am, Thursday, May 18 at 11:15am and/or Tuesday, May 23 at 4pm to share your valuable and needed input.

Speaking of growth, I am happy to welcome Karen Collins, our newest staff member, who will be working as our first full-time driver! Karen is quite accomplished with over eleven years of experience driving for a COA van and 18 years of driving a school bus. She has won many awards in driving and safety competitions. Welcome Karen!

Also exciting and new to the Cameron, starting July 3 we will be offering online program registration and payment. To learn more about how to use this new option and to sign up for one of the many trainings, check the article on Page 12 this edition of the newsletter. Thanks to Katie Russell, Program Coordinator for working so hard to bring this new registration and payment option to the Cameron.



Jennifer



The Cameron would like to thank The Greater Lowell Community Foundation for providing the COA Transportation Program with funding to support the weekly grocery shopping run and shopping assistance. These funds were directed and given by the **Westford Community Fund**, and we are so grateful. A special thank you to *Patti Mason* for always helping in her own way.

Two of our fabulous volunteers from Westford Academy, Vinny and Padma, have each other's backs as they prepare our A-Frames!



## DAY TRIP OFFERINGS

Listed below are upcoming Bus Trips provided by Best of Times Travel. Call 978.692.5523 for reservations and information. Payment is due upon signing up for a trip. Make all checks payable to 'Town of Westford'. **All prices include transportation, driver's gratuity, plated luncheon, lunch gratuity, and show ticket.** Checks will be held until close to the day of the trip to be deposited. No refunds for cancellations with less than 10 business days advance notice. Transportation departs and returns from the rear parking lot at the Franco-American Club at 55 West Prescott St. Please park at the rear of the lot unless otherwise noted. For additional information please contact Katie at 978.399.2330 or [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Pick up information flyers at the Cameron.

### STAYIN' ALIVE Wednesday, May 24

Travel to Lake Pearl in Wrentham, MA for a live concert with the band Stayin' Alive, Tony Mattina, Todd Sharman, and George Manz who are known as the World's #1 Tribute to the Bee Gees. Enjoy chart busting hits such as: More than a Woman, Islands in the Stream, Lonely Days, and many more at this concert. The cost of the trip is **\$124** per person. Lunch choices are Baked Stuffed Chicken or Vegetarian Lasagna,

### THE TEXAS TENORS Tuesday, June 20

Travel to the Danversport Yacht Club Danvers, MA for a live concert with The Texas Tenors. Since appearing on America's Got Talent in 2009, these classically trained, versatile tenors have performed around the world including headline shows in Las Vegas, China and on a 24-city tour in the United Kingdom. Don't miss Out! The cost of the trip is **\$124** per person. Lunch choices are Baked Stuffed Chicken or Baked Scrod.

### ON GOLDEN POND TOUR Tuesday, July 18

Travel to Canterbury, NH for a tour of Shaker Village and then up to the Lakes Region for a fabulous luncheon followed by a beautiful boat ride across Squam Lake! Luncheon at Walters Basin. The cost of the trip is **\$164** per person. Lunch choices are pulled pork sandwich, walnut & cranberry chicken salad sandwich, fried haddock sandwich, or bacon cheeseburger.

### THE CORVETTES DOO WOP REVUE Wednesday, August 9

Travel to York, ME for a live concert with Corvettes Doo Wop Revue. The Corvettes are dedicated to preserve and perform the greatest music ever made- the music of 1950s Doo Wop era. Enjoy ageless classics such as: Come Go with Me, Little Darlin', At the Hop, The Twist, and many more at this concert. The cost of the trip is **\$124 per person**. Plated luncheon of a traditional Maine Lobster bake.

### THE McARTNEY YEARS Thursday, September 21

Travel back in time for a live concert tribute to Paul McCartney. Over 30 Top Hits spanning more than twenty albums, from Beatles to Wings, from "Yesterday" to "Live and Let Die." The cost of the trip is **\$124 per person**. Lunch choices are Corned Beef and Cabbage or Baked Schrod.

## Health and Wellness Offerings

### Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes

Drop-ins are not allowed for most classes. Please check with Katie for clarification if needed. If you sign up for a class, you must pay for the full session.

#### TAI CHI

**Mondays at 1pm**

**Eight week session beginning May 8**

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$3 per class; others pay \$5. Sign up at 978.692.5523. We may need to adjust the start date of this class.



#### BONE BUILDERS

**Mondays and Wednesdays 9:30-10:30am**

**Tuesdays and Thursdays 12:45-1:45pm**

Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval). Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



#### STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

**8 weeks beginning May 9**

**Tuesdays, 9-10am: Beginner Class**

**10-11am: Advanced Class**

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructors for this 8-week session are from Cultivating Qi in Westford, MA.

**Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$40 per session. Sign up at 978.692.5523.**



#### CHAIR MOVEMENT CLASS WITH CAROL WING

**Tuesdays beginning May 2, 10:15am**

**Thursdays beginning May 4, 10:15am**

**8 weeks**

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday classes the cost is \$30. Non-resident cost is \$40. Sign up at 978.692.5523.



#### JOIN CAROL WING FOR ZUMBA CLASS

**Tuesdays beginning May 2, 9:15am**

**Thursdays beginning May 4, 9:15am**

**8 weeks**

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday Classes is \$30 and non-resident cost is \$40. Sign up at 978.692.5523.



#### WELL-BEING GROUP CONDITIONING—TWO SESSIONS PER WEEK

**Tuesdays & Thursdays at 10am**

**Eight weeks beginning May 4**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



#### WELL-BEING GROUP CONDITIONING—ONE SESSION PER WEEK

**Wednesday at 9am**

**Eight weeks beginning May 10**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

#### GENTLE YOGA

**Wednesdays at 11am**

**Eight weeks beginning May 10**

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga- Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64



#### INTRODUCTION TO TAI CHI AND QIGONG – AN 8-WEEK SERIES

**Thursdays 6:00pm -7:00pm Starting Thursday, May 11<sup>th</sup>**

Instructor: Stan Fall of Cultivating Qi

YangTao™ Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind, relieving emotional stress and mental anxiety. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people. Cost for the class is \$40 for the 8 weeks. Please sign up at 978.692.5523.





## HEALTH RESOURCES

### DEMENTIA CAREGIVER SUPPORT GROUP

**Tuesdays, May 23 and June 27, 6pm**

Joanne Fontaine, RN and Lisa Sobhian, LICSW have been co-facilitating a support group for many years with the Alzheimer's Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer's Specialist and is currently the Director of Dementia Services and Social Services at D'Youville Life & Wellness Community. The group will meet at Cameron. Before attending your first meeting, please call Lisa at 978.808.4246.

### WESTFORD HEALTH DEPARTMENT OFFERS: BLOOD PRESSURE & MORE AT THE CAMERON

**Tuesdays, May 9 and June 13 at 9am**

Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, **Gail Johnson**. No appointment necessary.

### HEARING SCREENING

**Mondays, May 8 and June 12 at 9:30am**

**Megan Ford from HearSmart Audiology** of Littleton will provide hearing screening. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

### HEALTH SERIES

**TUESDAYS May 9 and June 13 at 4:30pm**

We are pleased to continue our FREE monthly series with local health professionals, held at the Cameron on the second Tuesday of every month at 4:30. In May we will host Orthopedic Surgeon Dr. Dave of Emerson hospital, speaking about hip and knee joint health, replacements, and he will answer questions (program postponed from March due to snow). In June our guest speaker, Sarah Byrne-Martelli, an Aging & Illness Coach and Chaplain, will discuss the 3 Steps You NEED to take to personalize your medical care. These steps will help you get the medical care you want and help you advocate for your loved ones too! Please sign up at 978.692.5523 to participate in either program.

### NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

**SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!**

**Mondays, May 8 and June 12** by appointment. Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. SHINE can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor (and Westford resident)**, contact the Cameron Senior Center Front Desk at 978.692.5523. Appointments are typically 45 minutes.

### BLUE CROSS BLUE SHIELD INFORMATION TABLE

**THURSDAY, May 18 12-1pm**

Drop in to meet with Heather Hurd, representative from Blue Cross, to ask her about your insurance plan, options, Medicare and more. She will have a table setup in our lobby during this time.

### PLANNING FOR MEDICARE—COUNTDOWN TO 65

**Wednesday, June 7, at 1pm**

Senior Plan Consultant, Heather Hurd, of BC/BS, will be here to discuss how and when to sign up for Medicare. She will answer your questions and help you through this critical process. Please sign up at 978.692.5523.

## Social & Fitness Activities

### PING PONG

**Mondays and Tuesdays at 2pm, Fridays at 9:30am**

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



### PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron—check in at the front desk to request it. The best place to get updated information for pickleball around Westford is by checking out the Pickleball website. <https://sites.google.com/view/westfordpickleball/home>

### TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA Tuesdays beginning at 7:30am

Now—October Cost: \$20 walking, \$31 with cart. Call Quail Ridge at (978) 264-0399 to reserve for your tee time. Make sure you say you're with the Westford Group to get this special price.

### HIKE WITH MIKE IS BACK!

All of the hikes meet at 9:00 am, rain or shine. **Lightning will cancel the Hike.** The trails are mostly flat, unpaved, loose footing with rocks, roots and rolling hills. Participants should dress for the weather, wear sturdy, closed toe, walking shoes / boots., and should bring water and bug repellent. Hiking pole(s) optional. Most hikes are 2 miles long and will take about 2 hours. Call 978.692.5523 to sign up.

### East Boston Camps June 12, 2023, 2.3 miles

Trailhead: Kiosk at EBC parking lot off of Depot St., Westford

### Greystone Pond June 26, 2023, 2 miles

Trailhead: Kiosk at Greystone Field parking lot, off Russell Way (on the right before 15 Russell Way), Westford

### Kennedy Pond and Esker Loop July 3, 2023, 1.9 miles

Trailhead: Kiosk at the parking lot off of Trailside Way (after #7 Trailside Way). Westford

## CAMERON VAN TRIPS

### A TRIP TO THE NEW GROTON HILL MUSIC CENTER

**Tuesday, May 16 at 5:30pm**

We're excited to show you the new home of the Groton Hill Music Center, including studio classrooms, the Concert Hall, Meadow Hall, the Skyview Room, and the Orchard Room. On our tour, we'll learn about the mission of Groton Hill Music Center, music philanthropy, community outreach, acoustic tuning, building materials, dining opportunities, and the breadth of classes and performances available at the facility. The tour lasts about an hour. Cost is \$6. **Call 978.692.5523 to sign up-spaces are limited!**

### A TRIP TO PICKITY PLACE

**Wednesday, June 21 at 9:30am**

Enjoy a scenic ride on the Cameron van to Pickity Place for a delicious, five-course gourmet luncheon featuring fresh herbs. Since 1786, Pickity Place's quaint little red cottage has graced the hills of southern New Hampshire, where you will find the hilltop hideaway at the end of a winding dirt road. Come and lighten your spirit as you step out of your world and into theirs. Cost for this enchanting outing is \$40.00. **Call 978.692.5523 to sign up-spaces are limited! Special thanks to the Friends of the Cameron for their financial sponsorship of this event**

## DINING AND HEALTHY FOOD OPTIONS

### Dining Options

#### RESTAURANT REVIEW

Be sure to mark your calendars for our next outings at **11:30 am on Wed. May 31 at Il Forno 529 King Street Littleton** and on **June 28, As Good As it Gets, 20 Nagog Park, Acton**. Please pre register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Please send restaurant suggestions to Annette at 978-399-2326.



#### BIRTHDAY CELEBRATION

**Wednesday, May 17 at 12pm** Stuffed Shells

**Wednesday, June 7 at 12pm** Shake N Bake Chicken – Prepared by Jackie Russell

Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of Happy Birthday singing. Cost: \$5 and birthday celebrant lunch is free. **To register please call 978.692.5523. We would like to thank the Students of Nashoba Tech Culinary Arts Program "The Elegant Chef", who prepared the lunch and cupcakes from September to May of this school year. We look forward to working with them again in the fall.**



#### MEN'S BREAKFAST

You cannot beat this breakfast made by our favorite chefs: **Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare eggs, sausage, bacon, and potatoes with sides that include toast, fresh pastries and fruit salad. If you have any suggestions for upcoming speakers, please speak with **Ken Hyle**. **Cost is \$4.00. RSVP by calling us at 978.692.5523. Monday, May 8 at 8am** Twilight of the Dreadnoughts by Joe Ponti It traces the history of battleships through the 20th century. **Monday, June 12 at 8am** Come meet Kristen Las, The new Town Manager! Please email Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov) in advance if you have any questions or issues you would like Kristen to address. **Special thanks to the Friends of the Cameron for their financial sponsorship of this event.**

### Healthy Food Options

#### WESTFORD FOOD PANTRY

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

##### FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**  
May 3, 10, 17, 24, 31  
June 7, 14, 21, 28
- **Friday Mornings from 9 to 11 am**  
May 5, 12, 19, 26  
June 2, 9, 16, 23, 30

For more information, or to donate, check their website at [www.westfordfoodpantry.org](http://www.westfordfoodpantry.org)

#### WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

**Mondays and Thursdays at 1:30 pm**

Open to all residents 55+. Sign in at the front desk each day that you want to participate.



#### SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,265 or (household of 2) is less than \$3,052, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

### Arts and Crafts

#### OPEN ART STUDIO

**Tuesdays 1pm – 3pm**

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.



#### SEWING & QUILTING CLUBS

**Mondays 10am – 1pm and**

**Tuesdays 9am – 11am**

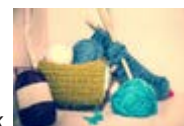
Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!



#### KNITTING AND CROCHETING

**Wednesdays, 1:30-3:00pm**

The Friends of the Cameron Senior Center sponsors a knitting/crochet "let's have a chat" group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you. Everyone is welcome!



#### DID YOU KNOW?

Thanks to crafter Margaret Wheeler of Westford, for bringing this wonderful program, Loose Ends, to our attention! When a crafter dies mid-project or is no longer able to do handwork due to disability or illness, they will likely have unfinished items they were making for friends and family. These tangible, handmade expressions of love could get lost, donated away or thrown out. Loose Ends matches unfinished projects to volunteer finishers who complete and return the garments, blankets, & accessories to their loved ones. Do you need a project finished? Visit Loose Ends online to find out if your project qualifies to be completed by a volunteer finisher. If it does, simply fill out the online form and they will match you with a volunteer who has the skills and time to get the job done.

[www.looseendsproject.org](http://www.looseendsproject.org)

**Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2330 for more information**

### May is National Mental Health Month!

**Mental Health is as important as physical health. Maintaining the healthiest possible mind and body is important for quality of life and overall well-being. What are the local resources if you need help with your mental health?**

#### New Suicide and Crisis Lifeline-Dial 988

##### About 988

988 is a direct three-digit phone line to trained [National Suicide Prevention Lifeline](#) call takers. 988 can be used anytime, anywhere you or a loved one is in emotional distress or having suicidal thoughts. Trained call takers, who are not licensed clinicians, are available to provide free, confidential emotional support to all callers. You do not need to be suicidal to call 988. 988 is available 24/7, 365 days a year.

##### What to expect when you call 988

Calls will be routed to a call center based on a caller's area code. All calls will be answered by a highly trained staff or volunteer who will provide compassionate, non-judgmental support.

##### What to expect when you text or chat

Chat is available through the 988 Suicide and Crisis Lifeline at [988lifeline.org](#). People seeking chat services will complete a pre-chat survey before being connected with a counselor that identifies the main area of concern. If there is a wait to chat with a crisis counselor, a wait-time message will appear. If demand is high, individuals can access the Lifeline's "helpful resources" while waiting or call 988. Once connected, a crisis counselor will listen to you, work to understand how your problem is affecting you, provide support, and share resources that may be helpful.

##### 988 accessibility and services available for specific groups

Those who are deaf or hard of hearing may use the [online chat function](#) or TTY users may use their preferred relay service or dial 711 then 988. More information for people who are deaf, hard of hearing or have hearing loss can be found at <https://988lifeline.org>

Language translation services are also available to all callers, specifically the Spanish Language Line can be accessed by pressing 2 after dialing. Service Members, Veterans, and their Families may reach the Veterans Crisis Line by pressing 1 after dialing 988, as well as by chatting online at [veteranscrisisline.net](#) or texting 838255.

##### Frequently asked questions

**Why is 988 needed?** Suicide prevention is a critical need. Since 2008, suicide has ranked as the tenth leading cause of death in the United States. The adoption of the new three-digit number reflects a commitment to delivering necessary intervention services. The majority of people calling the Lifeline receive the support they need at the call center level.

##### How will 988, 911, and the Emergency Services Program interact?

Increased collaboration between 988, 911, and the [Emergency Services Program](#) will provide more options for those in crisis, such as dispatching mobile crisis teams to individuals in mental health, substance use, or suicidal crisis rather than police, fire, or EMS. However, when someone is at imminent risk for suicide, meaning that a suicide attempt will occur shortly or is already in progress, 911 will continue to be dispatched, in keeping with current best practices.

##### If I call 988, will they find my location and send it to 911 without my consent?

988 does not contact or share any information with emergency services such as 911, police or fire, unless a person's life is in danger.

Fewer than 2% of calls to 988 in MA require emergency intervention. In accordance with the [imminent risk policy](#) established by the Suicide and Crisis Lifeline, 988 call takers do not contact emergency services without a caller's permission unless a suicide attempt is in progress or likely to happen in a very short period. Policy and best practices can be viewed here: [988lifeline.org/best-practices](#).

#### Massachusetts Behavioral Health Help Line (BHHL)

The Behavioral Health Help Line (BHHL) is available 24/7, 365 days per year and is available for all residents of Massachusetts. Call or text 833-773-2445. Visit the website to chat online at [masshelpline.com](#). This is a new program for Massachusetts, so please let us know if you use it and are comfortable giving feedback.

**What is the Behavioral Health Help Line?** The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. [Call](#) for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

##### When I contact the BHHL, who answers?

The BHHL is staffed by trained clinicians and certified peer specialists to support every caller's needs. Every conversation includes follow up by trained clinicians, and staff will remain on the line with you until you are connected to the help you need.

##### Who can use the BHHL?

Everyone! The BHHL is for anyone in Massachusetts, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), individuals who are Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English.

##### If I do not speak English, can I call?

The BHHL is available in more than 200 languages. Individuals who are Deaf or hard of hearing can also use the BHHL by contacting [MassRelay at 711](#).

##### How much does it cost, and do I need to have health insurance?

The BHHL is free and available to all Massachusetts residents, even if you do not have insurance.

##### If I'm concerned about my child or friend, can I call to get help for them?

Yes – you can [call](#) to get help for yourself or for someone you care about, including children and other family members.

##### I've tried to get help before, and it didn't work out. How is this different?

A trained, caring staff member will work with you to figure out what treatment may be helpful to you and will help you navigate the process. They will stay on the line with you until you have been connected to the help that best fits your individual needs and will follow up with you afterward to make sure that your needs are being met.

##### Will I be able to access service or treatment in my own community?

Yes. The BHHL connects people to treatment in their community, including one of the new [Community Behavioral Health Centers \(CBHCs\)](#) across the state. The BHHL uses a comprehensive directory of mental health and substance use treatment providers.

##### What kinds of mental health or substance use issues can I call about?

The BHHL can help with any mental health or substance use concern. Maybe you're sad or anxious, or worried about drug or alcohol use. Even if you're not quite sure what the problem is or what kind of help you need, the BHHL staff will listen and connect you with care for yourself or a loved one.

##### For a mental health crisis, should I go to the emergency room or call the BHHL?

The BHHL is available 24/7 for anyone experiencing a mental health crisis and can directly connect you with crisis support in your community. The BHHL connects callers to 911 when needed for immediate safety. You can also visit a Community Behavioral Health Center. For Westford, ours is: Vinfen Community Behavioral Health Center (CBHC) 40 Church St, Lowell, MA, (866) 388-2242. Monday – Friday 8:00 am-8:00 pm.



### NEW Community Behavioral Health Center-VINFEN-866-388-2242 Services

**Mobile Crisis Intervention (MCI)** services are for anyone in our area experiencing a mental health or substance use crisis. MCI services are provided by trained professionals who can travel to your location or work with you at the CBHC to assess your needs, provide immediate assistance, and determine the best path forward. Instead of going to the ER, MCI services allow anyone going through a crisis to either walk into a CBHC or call for a team to come to their location and access immediate mental health care. Anyone can use MCI at any time, no insurance needed.

**Community Crisis Stabilization (CCS)** is a less restrictive alternative to inpatient hospitalization for people in need of short-term, overnight crisis care. The programs have home-like, friendly, and comfortable environments that offer a feeling of community while maintaining a safe and secure setting. CBHCs offer both Adult (18+) and Youth (18 and under) CCS programs with services including individual, group, and family therapy; medication management; crisis intervention; and future crisis prevention planning. CCS is covered by MassHealth plans and some commercial insurers.

**Routine Outpatient Services** are comprehensive outpatient mental health and substance use services for MassHealth members, also covered by some commercial insurers. These services are available every day of the week, both in-person at CBHCs and via telehealth, with extended hours. Services include same-day mental health and substance use evaluation, assessment, and individualized treatment; individual/family/group therapy; psychiatric medication consultations; peer support services; medication for addiction treatment; care coordination; referrals to treatment; and timely follow-up appointments.

### Town of Westford Mobile Clinician Service....Short-term counseling

**How does the Westford Mobile Clinician work?** If you, a loved one or fellow community member is experiencing a mental health challenge and currently awaiting care, Westford may be able to help. The Town of Westford acknowledges an overwhelming need for mental health appointments, resulting in long waitlists. We want to help shorten this wait time by offering short – term therapy services in Town buildings as a bridge to longer-term treatment.

#### Am I eligible to receive Westford Mobile Clinician services?

Following an initial intake interview, you will be informed whether your situation is a good fit for the service and we will assist with alternatives as needed.

#### What is the cost to me?

Services are provided free of charge. Your health insurance will not be charged for this service.

#### What is the frequency of treatment being offered?

6-8 Sessions will be offered on a schedule/frequency to be determined by the clinician and client.

#### Who do I contact to complete an intake?

Nicole Laviolette, Town of Westford Community Wellness Coordinator 978-399-2503 OR Alison Christopher, Town of Westford Social Worker 978-399-2325.

### Town of Westford Wellness Coordinator-Nicole Laviolette-978-399-2503

The Community Wellness Coordinator provides community outreach and education to the Westford community on availability of programming and services to support individual and family well-being. The coordinator will increase overall awareness of community supports by sharing wellness information and resources, with a focus on mental health and substance use disorder with Town departments, schools and community groups.

### Town of Westford/COA Social Work services-Alison Christopher, LICSW 978-399-2325

The social worker can provide one on one phone or in person visits to discuss mental health concerns, related life stressors and challenges, and provide support and direct connections with appropriate mental health resources. The social worker also provides assistance with a wide range of financial benefit programs and connections with other types of community supports.

**Interface Referral Service-HELPLINE-888-244-6843 (toll free).**  
Westford covers the cost of this phone based service to assist residents with making a direct connection with a therapist other mental health professional.

#### Intake

When you call, you will speak with a resource and referral counselor to complete a confidential intake. You will be asked for information, including email and phone number, your or your child's concerns, insurance type, preferences around therapist characteristics and treatment modality, demographic information, as well as your available timeframes for appointments. The intake generally takes about 15-20 minutes. After the intake is completed, you will be assigned a case number to use with both INTERFACE and potential provider match(es). The case number is used to protect your confidentiality. *At times we may provide additional or alternate information to callers in order to meet more immediate needs or safety concerns.*

#### Making a match

Your resource and referral counselor will be in touch with you in the first few business days after your call to introduce themselves and to let you know that they are starting to search for providers. INTERFACE resource and referral counselors search for a match by utilizing the information provided at intake and our database of over 9,000 licensed and vetted providers located throughout the state.

#### Providing matches

Once a provider match has been identified, an INTERFACE resource and referral counselor will contact you to give you the provider's name, credentials, location, and phone number. They will also provide links to guides on our website that may be helpful in the process of seeking services. We aim to provide at least one match as quickly as possible; however, at times it can take up to 3 weeks to find a match. Although we do our best to find matches with current availability, at times matches may include waitlist options, as matches are based both on the criteria shared at intake and the availability of resources.

#### Following-Up

After you have received the match(es), your resource and referral counselor will follow up with you within 1-2 weeks to see if you have been able to connect with the provider(s), and if so, how it is going. INTERFACE Referral Helpline works with you to ensure you have connected with a suitable match.

#### Closing a referral

Once there is a successful match, the INTERFACE resource and referral counselor will close the referral process with you. However, if you need additional support in the future for other referrals or if the match does not work out for some reason, please know that you can always call the Helpline again to determine the next steps in the process of finding a new provider.

The INTERFACE Referral Service Helpline is available to you from 9am to 5pm Mondays, Wednesdays, and Fridays and from 8am to 6pm on Tuesdays and Thursdays (excluding holidays).

## Outreach

### OUTREACH

With the beautiful weather upon us we hope you are enjoying the fresh air. You might like to go on a "Hike with Mike"; he is an avid hiker and knows the local trails. How about joining us for a class, pickleball, movie, meals and more. This is a wonderful place to meet others, make friends, feel connected to the community and to offer your talents as a volunteer. We look forward to seeing you and if you can't get here we are glad to come visit you in your home. Also, we are fortunate to have 2 local church groups willing to assist our seniors in July with your household projects. These opportunities are described in further detail in the newsletter. Our Outreach staff is here for you, simply call Annette or Jen at 978-399-2326.

### GRIEF SUPPORT GROUP – for folks 55+

**THURSDAYS, May 11 and 25, and June 8 and 22**

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to be heard, to learn about the grieving process, and to obtain helpful coping materials and resources. These "drop in" groups are offered on the **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at 4pm** here at the Cameron. *Please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978-692-5523.

### FRIENDLY VISITOR PROGRAM REBUILDS!

The senior center is looking to restart our Friendly Visitor program which took a hiatus during Covid. This program serves a crucial need for companionship and conversation with visits to homebound seniors in our community. The Outreach department is looking for compassionate, reliable adult volunteers to participate in this program. If you're a senior and would like to be connected with a Friendly Visitor, or if you're able to volunteer for this program, please contact the Outreach department at 978-399-2326.

### GAME NIGHTS

**THURSDAY, May 4 and June 1 at 4:30**

Join us for an early evening of fun and laughter. All the games played are easy to learn. In May we will play a team version of Wheel of Fortune and in June we will play a fun word game called Blank Slate. The cost is \$3.00 for a light meal i.e. pizza. Please sign up in advance for planning purposes, 978-692-5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

## Community Resources

### SIT WITH THE STATE SENATOR STAFF MEMBER

**Thursdays, May 18 and June 15 1:30 pm – 3:00pm**

The Cameron is pleased to offer office hours with a representative from State Senator John J. Cronin's office, on the third Thursday of each month. Please feel free to ask questions, express your concerns, or just come and introduce yourself! State Senator Cronin represents Worcester and Middlesex Counties.

### VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

### VET 2 VET

**With retired veteran's agent and resident Terry Stader**

**Tuesdays, May 9 and June 13 at 11am**

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

### ASK THE ELDER SERVICES OFFICER

**THURSDAYS, May 11 and June 8 at 11AM**

Stop in for a visit with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is also open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

### ASK THE LAWYER

**Tuesday, June 6 beginning at 9:30am**

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment only. Appointments are 20 minutes each. Please call 978.692.5523 to reserve a timeslot.

### FREE PIANO LESSONS

**Thursday evenings**

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

### ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford**

**Mondays, May 8 and June 12 at 11am**

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

## Games

### MONDAY BINGO

**Mondays at 1pm**

Join us at the Cameron for BINGO Fun!

### FRIDAY BINGO

Friday BINGO games start at 1pm. **We will host BINGO on May 5 and 26, and June 2 and 16** BINGO supplies can be purchased—Colored Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

### FRIDAY BINGO LUNCHES 12:00

If you want lunch before Friday BINGO, register for any or all of the following lunches prepared by BINGO chef Mike Dyer.

**Friday May 5 at 12pm** Hot Dogs & Hamburgers

**Friday May 26 at 12pm** Philly Cheese Steak Subs

**Friday June 2 at 12pm** Hot Dogs & Hamburgers

**Friday June 16 at 12pm** Taco Salad

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523.

For any questions about BINGO call your program coordinator, Katie Russell at 978.399.2330.

**Special thanks to the Friends of the Cameron for their financial sponsorship of this event**

### CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.

**CRIBBAGE— Wednesdays at 12:30pm**

**HAND AND FOOT (Canasta) - Thursdays at 12:30pm**

**BRIDGE - Thursdays at 2pm**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	2 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	3 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	4 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:30 Game Night</b>	5 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
8 <b>8:00 Men's Breakfast</b> 8:00 Billiards 9:30 Bone Builders <b>9:30 Hearing Screening</b> 10:00 Sewing <b>11:00 Ask the Realtor</b> <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	9 9:00 Quilting 9:00 Mindful Movement <b>9:00 Blood Pressure</b> 9:15 ZUMBA <b>9:30 Ask the Lawyer</b> 10:00 Adv Mind Mvmt 10:15 Chair Movement <b>11:00 Vet to Vet</b> 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>4:30 Health Series</b>	10 <b>9:00 Women's Bkfst</b> 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	11 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement <b>11:00 Ask the Elder Ofc</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi	12 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>10:30 Transportation Day</b>
15 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	16 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 3:30 IT Class <b>5:30 Groton Hill Music</b> <b>6:00 Real Est Changes</b>	17 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	18 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement <b>12:00 BC/BS Table</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs <b>1:30 State Sen Hrs</b> 2:00 Bridge <b>4:30 Movie Night</b> 6:00 Qigong & Tai Chi	19 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong  *Gay 90s Celebration*
22 8:00 Billiards 9:30 Bone Builders <b>10:00 A Spa For You</b> 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	23 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio <b>1:00 Trivia A-GO-GO</b> 2:00 Ping Pong <b>2:00 Book Club</b> <b>6:00 Dementia Caregvr</b>	24 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group <b>2:00 Friends Tea Party</b> 6:00 Food Pantry  *Stayin' Alive Trip*	25 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi	26 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
<b>Center Closed Memorial Day</b> 	30 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 3:30 IT Class	31 9:30 Bone Builders 11:00 Gentle Yoga <b>11:30 Restaurant Rev</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry		<b>May 2023</b>

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3  
 Fitness Center also open Tuesdays and Thursdays until 7:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>June 2023</b>			1 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:30 Game Night</b> 6:00 Qigong & Tai Chi	2 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
5 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	6 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA <b>9:30 Ask the Lawyer</b> 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 1:30 Whole Foods/TJs 2:00 Ping Pong 3:30 IT Class	7 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage <b>1:00 Planning for Med</b> 1:30 Knitting Group 6:00 Food Pantry	8 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement <b>11:00 Ask the Elder Ofc</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi	9 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
12 <b>8:00 Men's Breakfast</b> 8:00 Billiards <b>9:00 Hike with Mike</b> 9:30 Bone Builders <b>9:30 Hearing Screening</b> 10:00 Sewing <b>11:00 Ask the Realtor</b> <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	13 9:00 Quilting 9:00 Mindful Movement <b>9:00 Blood Pressure</b> 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement <b>11:00 Vet to Vet</b> 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>2:00 Book Club</b> <b>4:30 Health Series</b>	14 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	15 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs <b>1:30 State Sen Hrs</b> 2:00 Bridge <b>4:30 Movie Night</b> 6:00 Qigong & Tai Chi	16 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
<b>Cameron Closed Juneteenth</b> 	20 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>*Texas Tenors Trip*</b>	21 9:30 Bone Builders <b>9:30 Pickity Place</b> 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	22 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi	23 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong <b>12:00 Ebi's BBQ</b>
26 8:00 Billiards <b>9:00 Hike with Mike</b> 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	27 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>5:00 Dinner w/Donna</b> <b>6:00 Dementia Care</b>	28 9:30 Bone Builders 11:00 Gentle Yoga <b>11:30 Restaurant Rev</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	29 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 6:00 Qigong & Tai Chi	30 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3**  
**Fitness Center Open Tuesdays and Thursdays until 7:30PM**

## Friends Corner

Welcome Spring!

The Friends of the Cameron will be hosting a tea party, "Afternoon with Friends" at 2:00 pm on May 24th. Join us for tea, finger sandwiches and desserts. Tickets are eight dollars and there will be an array of fun raffle baskets.

March was the start of "Friends Annual Membership and Donation campaign". Memberships and donations are critical in helping fund ongoing programs. If you did not receive a membership flyer in the mail you may pick one up in the Cameron lobby. Thank you for your continuing support. All Friends annual memberships run from July 1st - June 30th.

New members and volunteers are always welcome! Members receive discounted rates on special events throughout the year. With funds raised from our many Activities, we will continue to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services and transportation. We sponsor social activities and organize fundraising events, manage the Cameron thrift shop, Trudy's Boutique, and cover costs of fitness and exercise classes, so Westford seniors can attend at reduced cost.

New to Cameron? Friends of Cameron volunteers will lead a Q and A and tour of the building for those interested. Please leave your name and contact information and a member of the Friends will get back to you.

Pat Reppucci, President, Friends of the Cameron

<https://westfordmafriendsofcameron.com/>

Facebook page Friends of the Cameron Senior Center, containing updated information and events.



## Social and Enrichment Activities

### MOVIE SHOWINGS

**THURSDAYS – May 18 and June 15 at 4:30**

Join us in May for the true story/comedy **Jerry & Marge Go Large** starring Bryan Cranston and Annette Benning (postponed from March) and in June **A Man Called Otto** starring Tom Hanks. Just \$4.00 for a movie, popcorn, refreshments, and light meal. Please call to sign up at least 3 days prior at 978-692-5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

### BOOK CLUB

**TUESDAYS, May 16 and June 20 at 2pm**

Are you a reader who likes to talk about books? In May we will be discussing *How The Penguins Saved Veronica* by Hazel Prior and in June our discussion will be about *The Last Bookshop in London*, by Madeline Martin. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

### THE UPBEATS

Are you an experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday Morning at 10am. Bring your instrument and play with this talented group of musicians.

### ARE YOU INTERESTED IN LEARNING A NEW LANGUAGE?

If you are interested in picking up some basic conversational Spanish or want to brush up on some older skills or want to just try something new let Katie know. Contact Katie by [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or 978.399.2330. for more information.

### MUSIC MAKERS

Come one! Come all! Come and sing with the Music Makers on Fridays at 9:00 AM. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer is back to lead the effort. We hope to see you then.



# DOLAN FUNERAL HOME

James F. Dolan

**978-251-4041**

James F. Dolan II

106 Middlesex Street  
North Chelmsford

**[www.dolanfuneralhome.com](http://www.dolanfuneralhome.com)**

Pre-Planned  
Funeral Counseling



**ONLINE REGISTRATION**

We have some exciting news! Starting in July, you will be able to register and pay for programs online! We will use the online registration and payment system through My Active Center, which works in conjunction with My Senior Center. In order to use the online features, you must have a valid MySeniorCenter swipe card. **If you're not sure if your swipe card is valid, contact Katie. If you do not have a valid swipe card, you can ask for an application at the front desk.**

During the months of May and June, we will have multiple sessions to teach you how to register for programs online through MyActiveCenter. By July, you will be confident in your ability to register for programs from the

comfort of your own home. We will be posting a step-by-step tutorial on our website and Facebook page. If you would like a copy of this tutorial, send Katie an email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Please call 978.692.5523 to set up a one-on-one appointment with Katie or a student volunteer. They will sit with you and help you every step of the way. **Jack the Wiz Kid will be offering classes on Tuesdays May 9, 23 and June 6, 3:30-5:00pm.** Using the credit cards online for payment there will be a credit card usage fee of 3% of the total purchase. If you would like to avoid this fee you can still pay cash or checks at the front desk. Any of the programs put on by the Friends of the Cameron Senior Center must be paid at the front desk and not online because their money goes to a separate account.

**How to Get Your Cameron News**

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you prefer receiving a newsletter via email, please call us at 978-692-5523
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at [facebook.com/CameronSeniorCenter/](https://facebook.com/CameronSeniorCenter/)

**COUNCIL ON AGING STAFF**

Jennifer Claro, Director of Council on Aging  
 Alison Christopher, LICSW / Social Worker  
 Annette Cerullo, LSW /Outreach Coordinator  
 Jen Beale, Elder Outreach  
 Claire France, Records Supervisor  
 Robert Rafferty, Transportation Dispatch  
 Christopher Mitchell, Maintenance Supervisor  
 Al Jones, Maintenance  
 Edna MacNeil, Front Desk  
 Katherine Russell, Senior Assistant  
 Margaret Siegel, Registrar  
 Karen Heitkamp, Night Supervisor  
 Bob Benoit, Van Driver  
 Karen Collins, Van Driver  
 Paul Davis, Van Driver  
 Steve Ducharme, Van Driver  
 Bob France, Van Driver  
 Ed Jarvis, Van Driver  
 John Lasna, Van Driver  
 Lisa Nee, Van Driver and Assistant Dispatcher  
 Pam Rovendro, Van Driver

**COUNCIL ON AGING  
BOARD MEMBERS**

Helena Crocker, Member Emeritus  
 Nancy Cook, Chair  
 Robert Tierney, Vice Chair  
 Kathryn Wilson, Clerk  
 Sandra Collins  
 Patricia Holmes  
 Terry Stader  
 Barbara Upperman

**FRIENDS OF CAMERON  
BOARD MEMBERS**

Helena Crocker, Member Emeritus  
 Pat Reppucci, President  
 Donna Owens, Vice President  
 Kevin McGuire, Treasurer  
 Frances Kosenko, Asst. Treasurer  
 Katharine Karr, Secretary  
 Gail Austin  
 Christine Robinson  
 Dennis Smith  
 Lynne Stader  
 Barbara Tonucci  
 William Vullo

**BOARD MEETINGS**

**COA Board**-May 17 and June 21 at 4pm  
**Friends Board**—May 18 and Jun 15 at 10am

**OUR MISSION:** The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978.692.5523

[www.westfordma.gov/coa](http://www.westfordma.gov/coa)

<https://www.facebook.com/CameronSeniorCenter/>



Helping you through your next home transition, every step of the way.

Carrie Hines  
 M 978.505.1678

[carrie.hines@compass.com](mailto:carrie.hines@compass.com)

Nancy Allam  
 M 978.505.8865

[nancy.allam@compass.com](mailto:nancy.allam@compass.com)

## Transportation

### Cameron Center Transportation Department

Serving Westford's residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.**

We offer weekly trips to Westford Market Basket on Tuesdays, and weekly BINGO rides on Monday and Friday.



**If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to also call Transportation!**

### TRANSPORTATION DAY FRIDAY, MAY 12

#### CAMERON TRANSPORTATION INFORMATION 10:30 – 11:30am

Join our very own Transportation dispatcher, Bob Rafferty, as he gives a brief summary of what we offer here at the Cameron. He will be available to answer any questions you may have about our transportation services. Please sign up at 978.692.5523

#### NORTHERN MIDDLESEX COUNCIL OF GOVERNMENTS (NMCOG) ENVISION 2050 LONG RANGE REGIONAL TRANSPORTATION PLANNING EVENT 11:30am-12:30pm

Come meet with members of the NMCOG to add your input into the Envision 2050 Regional Transportation Plan. NMCOG is seeking the input of people like you to understand how they can better serve our citizens. The Envision 2050 serves as the framework for transportation investments in public transportation, bicycle, pedestrian facilities, highways, bridges, and transportation-related air quality improvements. The topics will include economic vitality, safety, infrastructure, environmental and climate resiliency, accessibility and mobility options, connectivity, and equity with an emphasis on historically marginalized communities. Envision 2050 is a comprehensive vision for the future of transportation in the NMCOG region. By projecting and planning for anticipated growth over 30 years, this plan will establish a foundation for cost-effective, energy-efficient, and equitable transportation options for all users. Envision 2050 is a needs assessment of our transportation infrastructure – including the cost to maintain the system into the future. This plan will identify the region's needs, goals, and policies. Many factors influence transportation planning. This Plan sets a standard for a balanced and forward-thinking transportation network. Come let your voice be heard and be a part of the future of Transportation in our region. Call to sign up at 978.692.5523

#### REGISTRY OF MOTOR VEHICLES WORKSHOP 12:30pm -1:30pm

Discussion about Real ID and information about new federal and state requirements concerning driver's license and ID card renewals. To RSVP for workshop call 978.692.5523

#### AAA – REPRESENTATIVE 1:30pm-2:30pm

Marianne from AAA in Acton will give a brief summary of what some of the services AAA offers including Real ID upgrade and license renewal. She will be available to answer any questions you may have. Please sign up at 978.692.5523

## Housing and Independent Living

### CHURCH GROUPS TO HELP SENIORS WITH HOME PROJECTS!

#### Week of July 24

We are truly fortunate that local churches are offering their services to Westford seniors during the last week of July. The United Methodist Churches of Westford & Chelmsford and Blessed Trinity Parish have mission groups of youth and adult mentors/chaperones who will be volunteering to complete home repair and maintenance jobs for those unable to pay for or to do the work themselves. Examples of the work include home repairs (i.e., installing railings, fixing steps, removing wood rot), painting, car washing, visiting, and yard work. From church volunteer Bianca, "Every day we shared meals and the comradery that comes from shared faith and acts of service with joyful hearts." The volunteers seek to serve you. Please know that all job requests may not be approved. If you have a project that you would like assessed, please contact our Outreach staff by June 9th at 978-399-2326. You will be required to sign a release that volunteers can be on your property to perform work.

### 5 Things You Need to Know About How Changes in the Real Estate Market Impact Seniors – May 23, 6pm

Kathy Cunningham, of Coldwell Banker Realty, will be here to discuss the new realities in the real estate market like rising interest rates, property prices and other issues that particularly impact seniors. She will clear up misconceptions and answer your questions about selling your home, timing, and any other questions you have. Please sign up at 978-692-5523.

### ARE YOUR HOME ADDRESS NUMBERS VISIBLE?

We want to be sure your home can be found quickly in the event of an emergency. Lt. Darren Lanier of the Westford Fire Department. shared that home numbers should meet the following criteria: a contrasting color to your home (i.e. black on white), permanently fixed, visible from the street and at least 3 inches tall or greater. Numbering your mailbox is also suggested. If you would like some assistance with your house numbers, please contact Outreach at 978-399-2326.

### SENIOR AND VETERANS TAX WORK OFF PROGRAM

Tax Work Off applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department (100 hours) in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2024 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first and using a lottery to place repeat applicants and/or new applicants (if there are more applicants than slots in the program). Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid or be a Veteran 18+ who owns/occupies their property. **Only one member of a household is eligible. Applications must be submitted to the Senior Center by May 26<sup>th</sup>.** The lottery will take place on June 16 at 1pm. If you have questions about the program, please call Alison Christopher at 978-399-2325.

**T.R.E.A.D.** -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 30<sup>th</sup>**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2023. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Jen/Annette at 978-399-2326.



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## BRAIN GAMES

### Answer to Sudoku

2	6	5	1	8	3	9	7	4
1	3	4	9	6	7	5	2	8
7	8	9	2	5	4	6	3	1
3	5	7	8	9	1	4	6	2
9	1	8	6	4	2	7	5	3
6	4	2	7	3	5	8	1	9
8	7	3	4	1	6	2	9	5
4	2	1	5	7	9	3	8	6
5	9	6	3	2	8	1	4	7

### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			2	3				4
		3				9		
	2		1		9			6
			9	6				1
	7	1						
	4			6	2			1
		5		7				3
2	1				4	7		

DIFFICULTY: ★★ ★

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YK PWM YRS EYYH, TSE FPX RPYZX  
RYHZE RWZZ JX AZXTS."

— IYXFPX

PREVIOUS SOLUTION: "People who fly into a rage always make a bad landing"

— Will Rogers

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E011

## CROSSWORD PUZZLE

### ACROSS

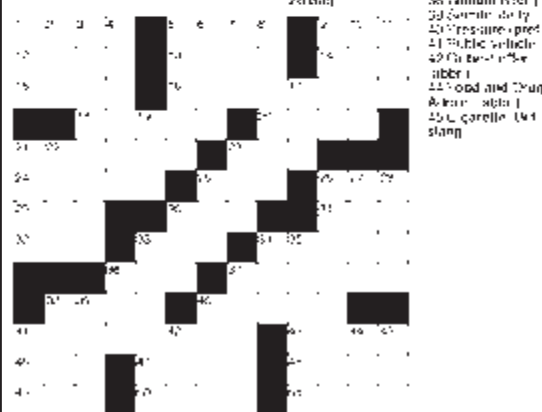
1. Ocean island
2. Former American president
3. Greek letters
4. Dried fruit
5. Greek letters
6. Work day
7. United States
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### ANSWER TO PREVIOUS PUZZLE

BAIN POP ATIC  
ELLE UME PABA  
OISAGREE AMIR  
ETA OLIVE ASB  
DAG EVER  
CIPOLIN ARADO  
PIER NAPICA  
ISTLE GRACKLE  
TALO ELA  
FRY FABLE IOA  
CASA SEAGLE  
UNIT CAT BOER  
AINE ANE TRAY  
11 Soul or spirit  
12 Flap  
13 Choose  
14 Fleece and sh  
20 Great lake  
23 Flap  
24 Touch  
26 Bag  
27 Tale (abbr.)  
28 How (abbr.)  
29 Mortal being  
30 Swamp  
31 S. A. globe  
35 Rite of passage  
36 Confession tree  
37 Muslim divorce  
38 Without (abbr.)  
39 Female deity  
40 Pressure (abbr.)  
41 Public vehicle  
42 Female (abbr.)  
43 Food and drug  
44 Iron (abbr.)  
45 C. G. (abbr.)  
46 slang



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